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Professional football running back Jonas Gray, and **Baltimore Ravens** cornerback Kyle Arrington teams up with North South Physical Therapy to promote health and wellness.



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PATIENT



Since 1999 North South Physical Therapy, Inc has brought rehabilitation and wellness with the highest quality care, fitness and nutritional services to our patients. We strongly believe that addressing our patients unique goals and helping them reach maximum physical function is possible through teamwork, respect, professionalism and passion. Our goal is to tirelessly work towards enhancing the rehabilitation and fitness experience on all levels.



NEWS

Remember Pearl Harbor



Stretching is so important! Schedule an appointment with us and we will show you the correct way to stretch. We sell stretch out straps as well.



Make sure you're staying up to date with everything going on in our clinics by following us on social media! We love hearing from our patients and clients and if there is anything you would like us to post about, please let us know! Check out the column to your left to see where to follow us!

Restoring functionality



We may utilize therapeutic massage, dry needling and acupuncture to loosen and strengthen tissues. Therapies work with the body's own healing abilities to help remove toxins that collect at injured and inflamed locations and direct circulation where it's needed most.

We can integrate other physical therapies with myofascial release. Compression and the gentle stretching and movements of clinical Pilates and yoga reinforce the effects of massage therapy. Depending upon the patient and the source of the pain, electrical stimulation, aquatic therapy and ultrasound may be incorporated into a treatment and management plan.

Our physical therapists are skilled in myofascial techniques for pain relief, restoring functionality and releasing the tension, inflammation and pressure that accompanies injuries and chronic disease. Myofascial therapies are effective for treating current,

TESTIMONIAL

"This Physical Therapy helped me a great deal. When I came here 2 1/2 months ago I was in so much pain between my shoulders, my knee and back. i could not function doing any daily routine. Driving was very painful during long distance. Eric and Cindy worked with me and made me work hard. After treatment my life physically improved tremendously."

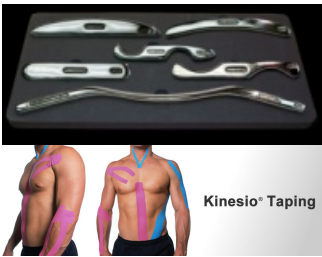
Marie Dorsainville

Washington Physical Therapy (Roslindale)

YOU KNOW YOUR IN GOOD HANDS WHEN EVEN JOHN CENA VISITS BROADWAY PHYSICAL THERAPY



TRAINED IN THE FOLLOWING AND MUCH MORE



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Go stronger, longer

prior and chronic conditions and injuries to enhance motion, reduce the potential for disability and improve quality of life.

Touch to Relieve Pain



anatomy where the pain originates is referred to as a trigger point and it can be manipulated through myofascial release techniques.

To protect itself, the body responds to pain, injury and chronic disease syndromes by trying to isolate the damage to a single location. The reaction can produce tension, swelling, stiffness and restrictions extending through multiple layers of interconnecting tissue that can reach to the bone. Pressure within the body can occur that's been measured at up to 2,000 psi.

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Multiple Components

Myofascial pain has multiple components that require specialized therapy. Many conditions, diseases, syndromes and injuries can result in trigger points that cause immediate pain and effects that can linger far into the future. Symptoms may appear immediately or even years later and patients may not associate the original injury with the current pain.

Myofascial techniques are beneficial for conditions ranging from migraines and TMJ pain to lumbar problems, fibromyalgia and carpal tunnel. Chronic fatigue syndrome, mastectomy pain and neurological dysfunction can all be addressed successfully with myofascial release to relieve pain, foster mobility and reduce the potential for disability.

